THE LIFECYCLE OF THE EXTINCTION BURST

The Three Fallback Scripts of a Starving System

1. The Volume Spike Script (The Aggressive Escalation)

The Execution: When the Narcissist first hits your un-bribable **J.A.D.E. Filter**, their software assumes your firewall is just a temporary glitch. To pierce the curtain line, they will immediately maximize the decibel level of their standard overt weapons.

They will slam doors louder, stomp past your room frame, run aggressive pacing loops in the yard, or launch an intense, highly theatrical phone rage within earshot.

The Underline Glitch: This is a **brute-force digital attack** designed to shock your central nervous system back into a state of **walking on eggshells**. They are testing your boundaries to see if a massive spike in ambient household stress will force you to break your silence just to make the noise stop.

The Counter-Measure: Zero percent engagement. You lock your heavy door wedge tightly into the framework, turn your bedroom air conditioner white noise up to maximum power, and let their electrical surge hit a total, freezing structural vacuum.

2. The Calibration Flip (The Sweet Old Man Bait)

The Execution: When the brute-force volume spike fails to draw a single watt of emotional fuel, their threat-monitoring system realizes their aggressive scripts are completely bankrupt. The software immediately flips 180 degrees to execute a **low-voltage Covert Pity Play**.

They will abruptly stop slamming doors and instead act like a sweet, clumsy, rejected old man. They might leave a small, flat, tasteless cake on the counter, drop a loud theatrical sigh in the kitchen, or wander around the house layout **looking intentionally pathetic, frail, and abandoned**.

The Underline Glitch: This is a highly manipulative **Trojan Horse** designed to exploit your natural human empathy and guilt. Their system knows that if you break your flat corporate baseline to comfort them or initiate a soft relationship talk, your firewalls will instantly drop, **allowing them to harvest your energy for a free recharge.**

The Counter-Measure: Enforce strict **Administrative Clarity**. Treat the gesture with the flat indifference of a utility ledger trade: "A plain cake is fine. Let me know when the kitchen counters are wiped down." Then walk straight past their track and return to your sanctuary.

3. The Biological Ransom (The Somatic Overdrive)

The Execution: This is their final, highest-voltage fallback program. When both aggression and sweetness fail to pierce your perimeter, their calculating dorsolateral prefrontal cortex (dlPFC) will **stage an absolute biological crisis to legally force your compliance**.

They will suddenly develop an acute chest pain, a phantom back injury that leaves them moaning on the floor, or stage a loud, reckless accident out on a ladder in the yard.

The Underline Glitch: This is a moral hostage situation. They are attempting to **weaponize your basic human conscience against you**. They want to make the emotional cost of your privacy look so high and guilty that you are forced to abandon your "woman cave" and spend 24/7 playing the role of their frantic private nurse.

The Counter-Measure: The **Paramedic Protocol**. You do not break your monotone cashier voice, and you **do not offer hands-on emotional comforting**.

You calmly look past their head and say: "Your physical complaint is noted. Since this is a medical issue, I am calling 100% professional emergency services to dispatch actual paramedics to the property layout immediately."

Watch how fast their phantom injury instantly de-escalates when they realize their **staged crisis will only draw uniform, state law enforcement professionals** instead of your private life force.